

VOICE OF THE RESIDENTS

VOL. XXVII, No. 9

BROADMEAD, COCKEYSVILLE, MD.

May 2006

GLOBAL WARMING AND HEALTH

By Gretel D. Weiss

On April 15, 2006 Jonathan Patz, MD, MPH, Center for Sustainability and the Global Environment, University of Wisconsin, spoke to the Open Forum. The title of his talk was "Global Warming and Health: Science and Ethics of this Global Health Crisis."

In order to make us remember and to focus his talk, Dr. Patz began with a "conclusion":

- Many widespread and serious diseases are extremely sensitive to climate changes, and even the slightest amount of change can have an effect.
- Land cover/habitat change can exacerbate health effects.
- Ethical challenges: Countries least responsible for global warming feel the effects most and are most vulnerable.

The greenhouse effect is good to some extent. Without it the earth's surface would be 60-70° F. colder on average. Since the industrial revolution the warming of the earth has been considerable, and the projection of warming for the future is even greater.

Are we responsible for the earth's warming? Is this warming just natural like seasonal changes or the ice age? Climatologists study what the earth would look like if it were only from natural changes, but our burning fossil fuels and our energy use is not natural. One and a half years ago the Arctic Climate Impact Assessment Report had bad news: Much ice in the world is disappearing. As we lose ice, there is more absorption of sun light. How does this affect health?

The physical attributes of global warming are as follows: Temperatures rise, sea levels rise, there are more droughts and more flooding. This results in vector-borne diseases and water-borne diseases, environmental refugees (people who are forced to move), "the iceberg under the tip of the iceberg", which in Dr. Patz's opinion, is a major health problem. The heat wave in 2003 in Europe killed 40,000 people. The 1995 heat wave in Chicago also killed large numbers of people, but 25% of the dead were related to pollution.

How are we contributing to this? Populations increase, cities expand as do heat-retaining asphalt surfaces, and the way we have altered the landscape. Warmer temperatures drive hurricanes, and their numbers have increased substantially throughout the world. It is hard to say, however, whether Katrina was due to global warming. By 1993 much wetlands were lost and there is less buffering. What we do to the landscape can do a lot of damage.

Dr. Patz gave us very convincing examples of how even a very small climate change can have far-reaching effects on health. Mosquitoes are cold blooded animals which take on the outside temperature. We might ask, if the temperature goes up a couple of degrees, so what difference does it make? If the mosquito's internal temperature goes up only a little, it takes less time for the bacteria to develop, and a sting by a mosquito in a hot climate can transmit disease in a much shorter time. Malaria is a tropical disease, and there is less risk of malaria in higher altitudes. Within 50 years, higher temperatures will have reached the highlands, and thus much larger areas will become breeding grounds for malaria. Dr. Patz used other equally interesting examples which we cannot address here.

Dr. Patz ended his talk by addressing the ethical challenges. Katrina showed us that those who died were mostly the poor, showing that there are inequities as to who is vulnerable. The United States is a rich country, and it got there through a lot of resource consumption. We are consuming natural resources much faster than other countries. Poor countries are most affected by climate-sensitive diseases, and, as was mentioned in the "conclusion", countries least responsible for global warming feel the effect most and are most vulnerable. The United States is the greatest producer of pollutants, Canada and China are next.

The question and answer period addressed itself to the effects of political decisions and to what individuals or groups can do. Dr. Patz feels strongly that the issue of global warming has to be addressed by interdisciplinary and international groups.

VOICE of the RESIDENTS

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Bird and Nature Group

“GARDENS
BEYOND BELIEF”
(Distilled from across the world)

DAVID MICHENER

Curator Matthei Botanical Garden
University of Michigan

*

Meeting in the Auditorium
Friday, May 5th at 7:00 pm

*

ALL COME AND REVEAL!

MOVING AROUND BROADMEAD

	<u>From</u>	<u>To</u>
Marjorie Jones	C-10	H-274
Jessie Besoré	P-6	T-304

CALLING ALL SMOKERS NON-SMOKERS, EX-SMOKERS!

What are the chances that you'll end up
with emphysema?

If you do, what will you do about it?

Towson's widely acclaimed **Sunrise Health Center** will present a guest lecture on "Pulmonary Rehabilitation" on Tuesday, **May 2nd** at 11:00 a.m. in the auditorium. (Note that this is just the day after the date of issue of this *Voice*!)

Debra Gutman, Sunrise Administrator, will cover the latest treatments for emphysema, which encompass behavioral, educational and physical therapy programs.

NEWLY ARRIVED RESIDENTS

Jane M. Brown	J-14	584-1217
Hertha Krotkoff	L-4	517-0077
Phyllis Merz	P-3	517-4969
Sara Leizear	F-1	
John Stephens	R-6	

IN MEMORIAM

Sarah Banks	
May 27, 1914	March 16, 2006
Wilbur J. Reitze	
July 10, 1912	March 16, 2006
Richard Long	
January 16, 1923	March 26, 2006
Charles Walter Lane	
March 31, 1912	March 30, 2006
Louise Odell	
March 14, 1912	March 31, 2006

JOYCE PURKEY

By Fran Beasley

The kindly, smiling face we first see as we exit the main elevator at Hallowell Hall on the second floor of the center building belongs to Joyce Purkey. Her title is Unit Clerk of the East Hall. She commands the large square desk to the right of the elevator.

In her friendly, well organized fashion, Joyce keeps touch of the patients, staff, the goings on of Hallowell, East. No small task. But all things come to an end and sadly for us, this gem of a woman plans to retire in June after twenty-six years at Broadmead.

At one time there were three generations of Joyce's family working here, Abby, her mother at Taylor Hall and Melinda, a daughter, who is still in food service. There also have been more than one generation of residents. Obviously, Broadmead attracts loyalty in staff and residents.

Joyce's experience and interest have always been in the health field. As a young woman she received training at nearby Masonic Home, Bonnie Blink. Then she moved on to Broadmead, where her assignments were varied. It was she who instigated the still popular program, "Heels and Wheels", started the Taylor Hall office and when occasion demanded filled in the Out Patient Office. Joyce likes people; she cares about them. It shows. She says that over the years the hardest part of her job was saying goodbye to friends, staff and residents.

Joyce and her
in North Baltimore



Abby - Joyce's mother



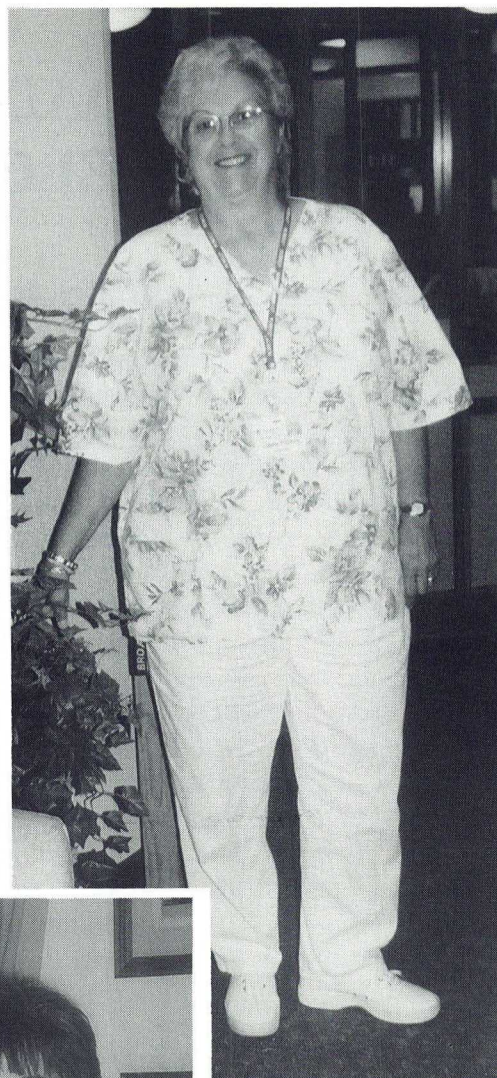
Melissa, Joyce, Melinda

in Titusville, Florida, continue RV motoring and summer at home base in Maryland where another daughter Melissa and her family including two grandsons live close by.

Joyce has many positive memories of Broadmead to take with her into retirement. Foremost among them is a high respect for the Quaker philosophy and for the many people she's known during these twenty-six years.

She is now excited about Broadmead's master building plan especially the new nursing center. She promises to visit often to meet with old friends and follow the new ventures.

We'll count on your doing that, Joyce.



Joyce

family have long lived County...for the past thirty years in Free-land. She and her retired husband, Donald, have traveled in their RV to fifty states. Future plans are to spend winters in their house

BROADMEAD WELCOMES

by Betsy Griffin

Barbara (Lehman) Dunlap (Mrs. John)

R-8 419-527-1216 February 2006

Bobbie was born in Bethlehem, Pennsylvania and attended the Moravian Seminary in that town before earning a bachelor's degree at Vassar College. She and her late husband, an executive in the steel industry, had three daughters and nine grandchildren. Her girls live in Arlington, Va., Basking Ridge, N.J. and Baltimore. One is married to a son of Broadmead residents Bunny and Franklin Knipp. Bobbie has had a career of teaching in nursery schools through the years wherever her husband's career moved the family. She has published an article entitled "Woe Is Me The ABC's Have Our Threes" which she states is not a mystical title but a plea to parents and teachers to let their children be children. Bobbie plays a guitar and sings and has joined our exercise classes, water aerobics, art and ceramic classes and is continuing her Evergreen classes off campus. Welcome to Bobbie and her little dog.

Hertha (Beidl) Krotkoff

L-4 410-527-0077 March 2006

Hertha was born and raised in Vienna, Austria where she graduated at the top of her school class before attending a language school to study French, English and Spanish. She then earned a Doctorate in Business Administration at the University before entering the business world. After her marriage to her ex-husband, George of Cluster B, they came to America in 1961 where he was employed at Johns Hopkins University and she taught German language and literature at Goucher College for 11 years. In 1990 she became a docent at Evergreen House on N. Charles St. and began her deep interest in oriental rugs. She offered to examine and catalog the rugs there and has since published 2 books about oriental rugs. She hopes to enjoy reading in her retirement.

Bob and Carrie (Hollister) Scheflow

M-12 410-584-1217 March 2006

Bob is an Illinois native and Carrie, is from Wisconsin. They met at Beloit College where their parents had also met and many other family mem-

bers had also studied. Each majored in geology but their careers took different paths, his as a manufacturer's agent dealing with municipal water and waste water, and hers as an elementary school teacher. They lived for some years in Elgin, Illinois before moving to Philadelphia in 1971 where they remained until Bob's retirement in 1992. They have 3 children scattered from Florida to California and one in Monkton, Md. where their only grand-daughter is living. This child is a Broadmead advocate for, after a visit here, she told her grandparents they should move here for, "There are lots and lots of really old people there just like you."

In Philadelphia Carrie was an active volunteer at the Pennsylvania Historical Society and Independence Hall where she particularly enjoyed the Portrait Gallery.

The Scheflows lived in Loveton before coming to Broadmead and have enjoyed traveling throughout the U.S. and Europe. They enjoy birds and gardening and settling into their new home.

Phyllis (Hartzell) Merz

P-3 410-785-4969 March 2006

Phyllis was born in Youngstown, Ohio and is a graduate of Goucher College where she majored in sociology and anthropology, an experience which she feels changed her life. After working briefly in New York in the insurance industry and as a social worker at the Montrose School in Maryland she returned to college to earn a Masters degree at the University of Maryland School of Social Work. She has 2 daughters and 4 grandchildren living near by. When her late husband was transferred to Richmond the family moved there and Phyllis remained there until coming to Broadmead. Her interests include bridge, reading and possibly volunteering with us.

BARN SALE DAYS

By Lucille Brandt

Welcome to the great Barn Sale,
Run by residents strong and hale.
Helped by those who never fail,
Even though they're old and frail.
It's a time for all to share,
Plunge right in, without a care.
'Tis a load we love to bear,
Though the weather be wet or fair.
Think of all the busy days,
Working hard in many ways.
Everyone deserves some praise,
And thanks for all the money they raise.

COMING ABOUT IN THE LESSER ANTILLES

By Sally Bloomer

Why does one book passage on a 248 foot, four-masted schooner for a six day tour of the Lesser Antilles? Especially when one is in his dotage? It seemed like an exciting adventure to share with 98 other passengers and a crew of 30. The four islands: St Maartens, St Eustatius (Statia), St Barts and Nevis are located north of Grenada and southeast of Puerto Rico. And meeting fellow passengers is always part of the excitement of traveling by land or sea.

This voyage was hyped as "an opportunity to sail away to romantic parts with a Windjammer Barefoot Cruise. Today just as a century ago the unlimited sense of adventure and spirit of wanderlust captivates all who come aboard. Lots of clear blue water, hot sun and nights filled with a canopy of stars." Barefoot cruise meant forget about the shoes. Bare breasts were not mentioned but of sagging halters and brief bikinis there were plenty. Our ship was the Polynesia--second largest of five vessels and known as "the party boat". And we in our dotage! Had we only known! It was a lot like being on a cultural field trip with no sheets to the wind, among natives with three sheets to the wind!

The land trips made the history of Caribbean trading from Columbus to the early 20th century come alive. St Maartens, the largest island we visited, is French on the leeward side and Dutch to windward. When you go ashore in Marigot, the French capital, the harbor is so full of yachts and sail-boats of incredible size that the Polynesia had to anchor one quarter mile out. One of the first signs greeting us as we left the launch was the sign of The Green Suny Cafe which boasted a quote from Warren Buffett: "the most luscious hamburgers on the island".

On the island of Nevis which is less trampled we still found narrow streets with designer shops such as Victoria's Secret, Cartier's and Bally's. Our guide drove us through the narrow streets and up in

the hills. We stopped in front of a brick house in a shaded yard surrounded by a brick wall. This is where Alexander Hamilton was born in 1755, the bastard son of a French Huguenot mother and a Scotch father. He was a bastard because his Mother was separated from her first husband and, since divorce was illegal, James, the Scot, never married Blanch Faucett. Hamilton was raised by relatives after his father deserted and his mother died. He was sent to King's College, later Columbia, and became Washington's aide de camp during the Revolutionary War and then first Secretary of Treasury. Our salty captain told the story that Aaron Burr had Hamilton's gun tampered with. So Hamilton lost the duel. However the salty captain was full of hoary stories. So who knows?

We traveled on up to the Hermitage, a stately stone and clapboard gabled house with a wide porch and lawn sloping down toward the ocean. It is here where Lord Nelson married Fanny Nesbit, a native widow. He did this to save his neck. He had been sued by the captains of four colonial ships for illegal seizure. He was merely carrying out his duties for the Queen's navy under the Navigation Act during the Revolutionary War. They threatened to seize his ship and imprison him. He made a trade. His freedom if he married Fanny, the widowed daughter of one



Collection of Sally Bloomer of the captains. He took her to England, set her up in a house and promptly forgot about her. He had Lady Emma Hamilton as a paramour and from her his only child was sired. After he had a long successful navy career he died and his body was shipped back to England in a barrel full of rum instead of brandy. The crew swilled rum out of the barrel with straws. So by the time the barrel arrived in England it was half empty. Thus the navy expression "tapping the admiral" which means illicit drinking.

One other "outstanding" fact we learned on Nevis, where sheep run free along the roads and look like our goats, was how to tell the animals apart. Goats' tails hang up and sheep's tails hang down. If you would like to experience this charming island, a room at the Hermitage from December to April is \$325 a night--swimming pool, grand view to the ocean, and one meal a day. Any takers?

HOW IS YOUR DRIVING HEALTH?

By Karen James

Dr. Carl Soderstrom, Chief of the MV A's -J Medical Advisory Board, spoke to a full house on April 11th. His often humorous talk was on a subject of interest and concern for residents, families and staff: how to assess driving fitness.

His work on the Board is informed by his 25-years experience as a Shock Trauma surgeon. He emphasized that it is the Board's goal to keep older drivers on the road, but fitness must be realistically assessed. Neither age nor diagnosis should be the determining factor. Function is.

There are high-risk medical conditions that have been identified by the National Traffic Safety Board. They include sleep disorders, arthritis, diabetes, epilepsy, cardiac disease, alcoholism, eye diseases and cognitive impairment. Dr. Soderstrom did identify these, but the reality of the driving experience in 2006 was more heavily emphasized.

Our road systems are complicated and heavily-traveled. Drivers are distracted by cell phones and even in-car televisions. Consider the increases in aggressive driving and "road rage". Borrowing from Bette Davis, he described our roads as "no place for sissies". They demand quite a bit of skill and the components of the driving task are quite complex. Conditions have changed from the time when older drivers may have been driving more. Often women return to driving after a 20 or 30-year break when the illness or death of their spouses demands it.

Dr. Soderstrom remarked that if parents were truly aware of the skills needed for driving, no adolescents would be on the roads. There is a relationship between these two groups: younger and older drivers. The rates of fatalities in crashes are similar: a new driver vs. one with medical problems; new skills vs. "worn-out" skills; alcohol use vs. medication interactions. He did, however, also note alcohol use as a variable for the older driver. The National Institute on Alcohol Abuse recommends only one drink per day for those over 65. Another loss associated with aging!

Describing the history and actions of the Medical Advisory Board, the speaker discussed the Maryland Research Consortium on Older Drivers and predicted that a test of cognitive functioning will be added in the future. Currently a Functional

Capacity Test is used in some settings for screening. It evaluates flexibility, visual acuity and perception, and cognition. Two additional programs are recommended: AARP's "Drive Wise" computer module and AM's "Car Fit". The first simulates driving experiences and the second evaluates if your vehicle is right for you.

On May 16th at 10:30 AM, we will host a second speaker with a different focus on this topic. Dr. William Mansbach will discuss how to increase awareness of the changes that may affect driving and how to address concerns about losing personal independence. If you are interested in discussing driving or any resources to assess fitness, please contact me, Karen James, at 410-785-7734 or email kjames@broadmead.org.

Tuesday, May 16th

"THE PRAGMATIC DRIVER"

(Balancing Independence and Safety)

Our speaker

William Mansbach, M.D.

(Driving may not be a "RIGHT")

In the Auditorium at 10:30 am

SPYGLASS LOW VISION SUPPORT GROUP

By Teresa Gramling

Presents

**"Programs and Services
offered by the NFB"**

**Israel Mancher, M.A.
Director of Outreach
Programs for the National
Federation of the Blind**

**Tuesday May 9th
11:00 am to noon
In the Auditorium**

SYLVIAN FISSURE

By Anne Allen B. Dandy

In 1972 we purchased 30 acres of forest in Monkton. This area had been named Pleasant Valley in earlier years. We elected to call our site "Sylvian Fissure." At that time we were living in Roland Park with a proximity to Union Memorial Hospital where Walter was Director of Intensive Care Medicine. Our 3 older children were away, Carol was married, young Walter was attending Harvard, and Nancy was finishing up at Rollins College in Florida. Only John was still at home at 13.

We planned to build a weekend retreat. Our first project was to dig a pond which we accomplished with the aid of a bulldozer. Walter stood in the mud and sweated profusely over the post-hole digger to install the dock. During the excavation water appeared gushing from several springs, and with a stream at each end the 1/5 acre cavity was filled with beautiful, clear, cold water in just a few days. It never lost the water level during our 25-year ownership. We stocked it with tiny sunnies and bass which thrived and kept a balance.

The Kubota tractor was an early purchase and remained Walter's most prized possession. With its help and the rotary tiller our vegetable garden was started. Then followed fencing - with barbed wire - of the newly created pasture. Two years later our prefab deckhouse was in place. By the time John was 16 we realized that he was having parties at the house where he was left alone. It was an appropriate time to sell our in-town abode and proceed with our country venture.

Walter built a greenhouse at the top of the deck facing south. For several years we enjoyed the yearly blooms of orchids. Then after losing them to a hard freeze which broke the heating structure we switched to camellias. They were gorgeous and bloomed from early December through April.

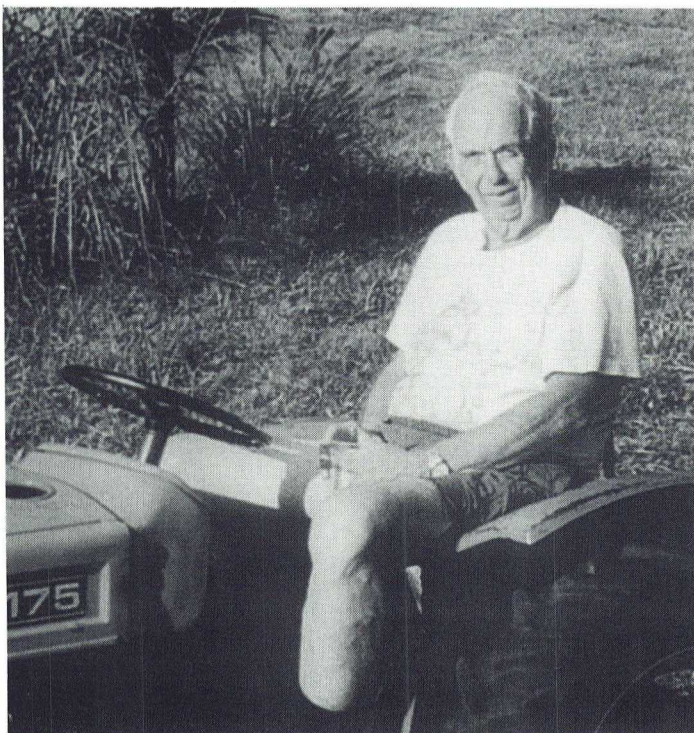
Our Dandy cast iron wood stove invented and patented by our son Walter III kept our lower level toasty warm. Walter Jr. spent endless hours sawing and splitting wood from our trees to fit into that stove. The oil furnace was seldom used.

The pole barn was built by the time Nancy came home from college. She soon had two horses. By then the menagerie included goats, chickens, a lamb, and even a pig. We also raised two heifers an-

nually and shared the meat with the children, grandchildren, and friends. The Boxer was our favorite breed of dog and we always had one or two living with us.

The pond provided pleasure in the summer with swimming, canoeing, and fishing. John erected lights on high poles and during the winter months he and his friends played ice hockey at night.

Below our pasture contiguous to our property there was a trail which followed a stream down for about a mile to the Gunpowder River. We became familiar with the native wild flowers which were growing along the banks. Each May we took a wild-



Walter aboard the tractor.

Dandy family collection

flower walk. On one bank there were the yellow lady slippers, showy orchids, and maidenhair ferns. Along the route were partridge berries, pink spring beauties, white anemones, rattle snake plantain (orchid), trailing arbutus, ragwort, phlox and columbine. A rare whorled begonia appeared each spring. Red cardinal flowers and turtle heads adorned our pond bank. In all seasons we were surrounded by birds.

It was indeed an idyllic, unforgettable quarter century experience.

Editor's note: The Dandys explain that "Sylvian Fissure" is actually an area of the brain that came to mind as a likely word-play, in view of the little valley in the woods that was a part of the property.

FOR IMMEDIATE RELEASE!**THE LITHIUM THEATER
SETTLES IN BROADMEAD***By Wally Ballou**

The Lithium Theater has decided to make its permanent home in Broadmead as a sub-group of the Broadmead Play Readers. As residents know, the Broadmead Play Readers was started about three years ago by Margaret Proctor and Colin MacLachlan, who remain its co-chairs. The Lithium Theater, on the other hand, was only started in November, 2004, by some residents who prefer to remain anonymous.

While the Play Readers produce plays monthly by famous playwrights such as James Thurber, Bernard Shaw, Neil Simon, Dorothy Parker, and others, the Lithium Theater produces at most two plays a year. These are either by in-house authors, or are dramatizations of well-known short stories. To date, it has produced two original plays written by residents, and dramatized two short stories.

The principal staff members are Lynn Buck, director; Dorothy Gustafson, script production; Ed Marsh and Larry Galla, audio engineers; and Eli Freedman, line producer. (Eli has no idea what a "line producer" does, but the title frequently appears in the credits for TV shows, so he has copied it. One wonders if "theaters in the round," as Baltimore's Center Stage started out, have "circle producers.")

To assist in its productions, the Lithium Theater has assembled a stellar group of people, most of whom, it must be said, have had to be resurrected for the purpose. Among them are Max Bialystock & Leo Bloom, the all-too-famous producers of the smash hit, "Springtime for Hitler" as Executive Co-Producers. They would like to move to Broadmead, but they are unavoidably detained in New York. The broadcast engineer is Dr. Lee DeForest, the world-famous inventor of the three-element vacuum tube, who will have few duties because our plays are not broadcast. When needed, he will have the assistance of the great electrician, Robert G. Elliott who resides in Ossining, NY, where he was once employed. Mr. Elliott would love to move to Broadmead, but fears that his presence would be resented in a Quaker establishment.

**Aided by Eli Freedman*

Some other staffers are set designer, Jackson Polecat, and stand-by artist, Salvador Daily, who have few duties in a radio studio. Legal advice on copyrights will be furnished by Dewey, Cheetham & Howe, of Cambridge, MA. Our few transportation requirements will be met by Tom & Ray Magliozzi, also of Cambridge. Our accountant will be Charles Ponzi, the famous promoter, who amassed a great fortune on Wall Street, if only for a short time. Since our productions will not have an admission fee, it is expected that his duties will be few and far between. Boston's Anthony Comstock will act as censor if and when needed. And last and not least, yours truly, Wally Ballou, who achieved a modicum of fame as Bob and Ray's roving correspondent, will act as the Lithium Theater's press representative and publicist.

--30--

BENEFITS OF AGING*Contributed by Pete Hoffman*

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the lady replied.

"I'm wondering, then, just how serious my condition is, because the bottle is marked "no re-fills".

BONES AND MOANS*By Lucille Brandt*

There is a medicine we take
To help our bones avoid a break,
But with it, we must stay awake,
The goals are fine. Make no mistake.

For half an hour, now we wait,
Although we know it's getting late.
We're told that we must sit up straight.
If not, perhaps, we won't feel great.

And so, we do this, once a week,
To keep from going up the creek,
To reach the outcome that we seek,
And thus avoid a future bleak.

THE EYES HAVE IT

By Fran Beasley

The Eye Surgeons' dinner club group is made up of fairly sophisticated people. At a Saturday evening before my appointment for a cataract removal, a dinner held at the doctor's house was typically upgrade, perhaps more than typically.

There are six couples in the group. Each brings his favorite creation, sometimes an exotic one. On the menu that night were artichokes a la grecque, moussaka, eggplant salad, tomatoes and green beans francais, chicken in Greek pastry, new potatoes French style, Italian ices, macaroons and coffee mousse, among other delicacies and, of course, the appropriate wines. The host of the repast was the surgeon who removed the cataracts from my eyes.

His recital of this party took place during the first eye operation, sometime in the 1990's. I had been struggling with reduced vision from macular degeneration for about ten years having been told that it was an older person's ailment and that nothing much could be done about it. Finally, I was taken by a friend to a well-known specialist in Towson, Maryland.

He recommended that the cataracts causing at least some of the trouble should be removed. Then, the retina problems could be evaluated. He also suggested a doctor who specialized in this operation.

I followed his advice. The appointed day came. I arrived at my doctor's Baltimore office with trepidation, which I didn't manage to hide.

Many doctors now do this procedure while the patient is awake. Apparently a local anesthetic is applied to the eye, as one feels no pain; just brilliant, darting, flashing lights. The doctor, an outgoing, personable man seeing my nervousness agreed to talk me through the ordeal. The topic was his recent dinner party.

He enthusiastically described each food offered at the party, the form of service, and occasionally the guest who brought it. He talked fast and colorfully only once stopping for a few seconds during an especially touchy time. He asked me not to talk either, I did not!

A month or so later, I was back to have the other eye done. The session started in a more relaxed manner on my part. I asked about recent parties, and yes they'd had a Valentines Day at Tio Pepe's in Baltimore. Their menu is wide and memorable. Unfortunately, his guest selections are no

longer clear in my mind. I do remember his telling of an especially good shrimp appetizer.

Time went quickly. The session ended happily... the results of his work were excellent. I thanked the doctor for a pleasant experience. His response was in his usual gracious upbeat manner. "There are two things I like best in the world", he said, "they are to work and to talk". In his case they are done simultaneously with great success. However, I will add third and fourth passions; those of gourmet food and entertaining.

Now my retina problem is being addressed. It is still with me. But so be it!

THE COFFEE CONNECTION

By Eleanor Kaufman

It is that magical time again when our migrating birds return to our woodlands, lawns and feeders. I have to admit that I never really thought much about the connection of coffee with birds until I read a fascinating article in the December-January issue of Wildlife magazine. I would like to share some of what I learned with my Broadmead friends.

I was surprised to read that coffee is the second largest trade commodity in the world after oil. The beans are the seeds of a shrub originally from Ethiopia, and grow at high elevations in Mexico, Central America and South America. All the fruit (beans) harvested from just one bush generally provide a pound of roasted coffee a year.

Prior to early 1970 all coffee was grown in the shade beneath trees. In an effort to increase production, fostered by grants from the U.S. government, farmers began cutting down trees to provide room for growing varieties of coffee that thrive in direct sunlight. It made good business sense. However, without the natural protection of birds, beneficial insects and organic soil, more chemical fertilizers and pesticides are needed. Conservation International found that in some areas growers need to use about a pound of toxic chemicals for every pound of sun-grown coffee, making it one of the most chemically intensive crops on the planet.

As you can imagine, these conditions can seriously affect the health of people as well as all wildlife. Protecting biodiversity and managing ecosystems, particularly in developing countries, provides benefits far beyond coffee plantations.

Feel good by treating yourself to a cup of delicious "Shade Grown" coffee!

Rising Energy Prices

By Gretel Weiss

Mr. Jay Hancock, the Baltimore Sun's financial columnist, spoke to the Open Forum on March 25, 2006. Mr. Hancock's intention had been to speak on "Our Appetite for Oil", but he gave the audience the choice of a change in topic: The phenomenal rise in electricity prices. Mr. Hancock said that he had a bigger reaction to his BGE columns than to any other topic he has covered. The audience agreed to hear about electricity rates.

Baltimore Gas and Electric (BGE) announced a month ago that residential bills will increase by 72%, \$750 a year for a typical household for electricity only. Natural gas has gone up as well.

What caused the 72% rise? In 1999, as a part of the deregulation fad, deregulation was in the air everywhere. In 1999 Maryland agreed to let Constellation Energy take over electricity plants, followed by deregulation. This was to result in lower prices due to competition, and people in government believed it. Rates were frozen for six years, but in the meantime demand for oil and natural gas increased, and Katrina cut off natural gas which many utilities use to run generation plants. BGE had to bid in the open market for electricity, and because of high oil prices, the deregulated wholesale market price was much higher than it would have been with regulation. BGE's plants were sold to Constellation Energy for not a good price, but money could be made from these transactions. Mr. Hancock said that the rate increase would not impact on Broadmead as it will on residential customers because the commercial rate was deregulated two years ago. (NOTE: I checked this out with Broadmead's Administration. Broadmead is a schedule C consumer, and it was deregulated 2-3 years ago. Broadmead has to negotiate for rates for a specific length of time. There was a huge increase in 2005 and the rates will have to be renegotiated in 2006. Even though the rate structure is different from that of residential consumers, this does not mean that there is no substantial increase.) Mr. Hancock does not think the 72% increase will go through. BGE will sue the Legislature if the increase happens. There is also an impending merger of Constellation Energy with Florida Power and Light (FPL), and Mr. Hancock feels that those in power are not worried nearly enough about this merger.

During the question period Mr. Hancock was asked whether the same high increases occur throughout the country. It is happening in a spotty sort of way, but the mid-west and the northwest did not deregulate or only partially, and hence their rates tend to be lower. Maryland had relatively low rates but deregulated anyway. Asked about deregulation generally, Mr. Hancock said that it has not worked well. The Legislature wants to reinstate regulation but in his opinion this plan will not go anywhere. When asked why we do not rely more on alternative sources of power, such as solar wind, Mr. Hancock replied that it was not dependable (you can't store Katrina's winds for the future), it is expensive, and it is heavily subsidized by tax payers. It costs generally two to three times as much to generate, and the rate increase would go up to 400%.

During regulation a "reasonable return" on investment was considered not a bad deal. There is still a reasonable return standard, but there are no constraints on companies selling utilities to make a lot of money and to secure higher returns for their CEOs. When asked whether he had any reason to be optimistic, he said if the 72% rate increase goes through, we will see some competition.

Many residents expressed the wish that Mr. Hancock return to give us his views on oil, and Mr. Hancock agreed to pay Broadmead another visit.

OPEN FORUM

Thursday, May 4th at 7:00 pm

"SATELLITES"

What they are, what they do and
how they help us.

*

Robert A. Peters Ph.D.

STELLAR SOLUTIONS INC.

His responsibilities include work with NASA
and other agencies involved in
space systems architecture development.

*

In the Auditorium

UPDATE ON SOUTH AFRICA

By Sonia and Harry Blumenthal

Dr. Edna van Harte, Dean of Students at Stellenbosch University, Capetown, gave a first-hand account of "South Africa: 10 Years After Apartheid" at the Open Forum on March 15th. The Republic of South Africa, located at the southern tip of Africa, has a population of 43 million people: it is about 1/8 of the size of the U.S.A. European colonization, starting in 1652, ushered in a 350-year history of discrimination against the native population. Apartheid, the policy of strict segregation practiced legally to maintain the domination of the white minority (about 11%) came to an end with the election of a democratically elected government in 1992.

Classified as "colored" - i.e. of mixed parentage Dr. van Harte was herself a victim of apartheid. She managed to escape from "detention" (tantamount to imprisonment) and was fortunate to obtain a scholarship for study in the U.S.A. where she obtained a PhD. from Columbia University. She expressed her "thanks to the U.S.A." for giving her and many other students the opportunity to obtain an education and to learn about democracy, a knowledge which they have used to build a new society in their own country. She also expressed her thanks to the U.S.A. and other countries who pressured the Afrikaner government to end apartheid.

The end of apartheid in 1994 was peaceful, without the turmoil that had been predicted. This "miracle" was largely due to the leadership of Nelson Mandela with the cooperation of the Afrikaner leader, F. W. deKlerk - both of whom received the Nobel Prize for Peace for their achievement. Mr. Mandela, South Africa's first Black president promoted a policy of "peace and unity".

South Africa is now a "21st century democracy". The non-white population - about 89%- that had been disenfranchised under apartheid now has full citizenship rights. There is a vocal movement for gender equality by increasing the current 30% of women, parliamentarians to reflect the ratio - about 50% - of men and women in the country.

Dr. van Harte noted that, although South Africa has made great strides, many challenges remain. While the economy is growing, unemployment continues. There is a thirst for education at all levels but the government does not have the necessary resources to deliver as promised. HIV/AIDS and TB remain serious health problems, especially in poorer

areas. Crime is another problem as the government is not meeting the rising standard of expectations. Moreover, the national borders are more open than before but this has led to the entry of criminal syndicates.

On the positive side, Dr. van Harte pointed out that South Africa possesses great wealth, notably gold, diamonds, coal and other minerals. Thus far, this wealth is still held largely by whites. Blacks, having moved up the political ladder, are beginning to acquire economic power. While some whites are apprehensive about their future, Dr. van Harte stated that the country is encouraging the white population to remain or to return.

Among the many factors highlighted was that South Africa is a very beautiful country with great potential for tourism. In her concluding remarks, Dr. van Harte noted South Africa's active participation in international organizations and in being the first country to have voluntarily abandoned the use of nuclear and biological weapons.

Following the talk, there was a lively question and answer period.

SPACE PROGRAM AIDED BY BONNIE COX

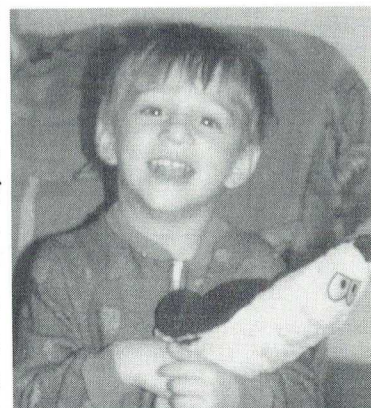
By Jeanette Royston & Dick Hutzler

Photo by Jody Tromble

The space shuttle, on more than one occasion, had split its seams and its contents were leaking out. But Bonnie Cox, that wizardly aerospace mechanic, came to the rescue each time!

OK, so it's not the real space shuttle and Bonnie really isn't an aerospace mechanic. It's really a stuffed toy that is a favorite of Brendon Tromble, middle child of Jody Tromble, our Wellness Director. At least three times Jody has had to bring it to Sew and So for repairs to split seams, and, each time, Brendon has insisted that he have it back the same day - and, each time, Bonnie has come to the rescue.

The picture clearly shows Brendon's satisfaction with Bonnie's work.



FOR RAY NOVAK

By Carolyn Underwood

On behalf of Broadmead Swimmers

We release you and say goodbye.
How we have enjoyed you.
Going to use your cooking talent
On a cruise ship in Hawaii.

How we have enjoyed you.
We wish you all kinds of luck.
On a cruise ship in Hawaii
Off to make yourself a big buck.

We wish you all kinds of luck,
Sailing the Hawaiian isles
Off to make yourself a big buck
Cooking yummy food.

Sailing the Hawaiian isles,
I hope they appreciate you.
Cooking yummy food
So far from Shana and us.

I hope they appreciate you,
And you get a chance to swim.
So far from Shana and us.
You'll make all kinds of friends.

You'll get a chance to swim.
Maybe on a beach at Waikiki.
You'll make all kinds of friends
And get a gorgeous tan.

On the beach at Waikiki,
Time to think new recipes up
While you get a gorgeous tan.
Maybe a card you'll send us.

Thinking new recipes up
To feed those wealthy sots.
And maybe a card you'll send us
And let us know what's up.

To a cruise ship in Hawaii
We release you and say goodbye.

AN ODE TO BINOCULARS

By Anne Allen B. Dandy

If you carry binoculars as you stroll along pastoral scenery you will never feel lonely though you may be alone. "In the field" as we "birders" call it you see and hear so much more when there is dearth of conversation,

Today as my sandals kick up dust due to our current drought I had great birding. North of the barn I recognized the tiny voice of the bluebird. I spotted him, with that beautiful color shimmering in the sun. Soon she appeared and they darted in and out of their house. The phoebe was calling its name the sound of "sweet sweet" signaled the goldfinch now in their bright yellow plumage, the tufted titmouse with the clear whistled chant were rivaled by the ubiquitous cardinals' "cheer cheer".

Beyond the bench in the debris in the Western Run stream, I observed the small fluffy brown winter wren, several golden-crowned kinglets and the Carolina wren. In the far distance two barred owls were hooting. The red-bellied woodpecker were busy in the dying tree where they nested last season. The loud slow drumming of the pileated woodpecker was heard and the downy woodpecker was observed in his usual darting about pattern.

Bright yellow celandine flowers are spreading everywhere. Tree swallows are claiming our bluebird house by the fenced in garden. I felt the light touch on my hat as one swooped above claiming his territory.

The sights and sounds are a harbinger of spring.

THE CARDINAL

By Nancy Rowe

Who sings before the sun has lit
The lamp of day?
Who lingers late
Infringing on the witching hour
Of owls whose day is dark?

Who does honor to his crimson color
Pointed papal hood
And unique reedy voice?

His aura of grace and elegance,
The unassumed dignity he disports
Enhance his brilliance In countless ways.

"A thing of beauty is a joy forever."



BROADMEAD MOVIES

Tuesday Movies by
Gretel & Leo Weiss
Saturday Movies by
Jeanne Stephenson &
Betty Douglas

May 2 **ATLANTIC CITY**
1981 104 minutes R

Burt Lancaster living in run down circumstances trying to survive as a numbers-runner and Susan Sarandon, who works shucking clams, form a relationship that gives some meaning to their lives.

May 6 **YOUNG MR. LINCOLN**
1940 100 minutes NR

Director John Ford had a sense of story and character. In this movie he concentrates on one important trial in which Lincoln defends two young men accused of a murder. Remarkable portrayal of Lincoln by Henry Fonda. Also starring Alice Brady and Marjorie Wheeler.

May 9 **IMAGINING ARGENTINA**
2003 107 minutes R

Antonio Banderas and his wife Emma Thompson in Argentina during the dictatorship of the 1970's. She is abducted when she criticizes the administration. Her husband develops the supernatural ability to see into the future. Based on a novel by Lawrence Thornton.

May 16 **JUNEBUG**
2005 107 minutes R

A wise, bittersweet, beautifully acted comedy about the Southern homecoming of an author who writes an unflattering fictional memoir about his home town in North Carolina.

May 20 **MEMOIRS OF A GEISHA**
2006 145 minutes PG

A Cinderella story like no other. Filmed in Japan. Ziyi Zhang, Ken Watanbe.

May 23 **OFF THE MAP**
005 111 minutes PG 13

Joan Allen and Sam Eliot and their smart-

aleck super-intelligent daughter live on a small isolated farm in the heart of coyote country. They are visited by an IRS agent who comes to find out why they haven't paid any taxes. He develops a high fever and when he recovers he deserts the Internal Revenue to live with the family and be a full time artist.

May 30 **BROKEBACK MOUNTAIN**
2005 134 minutes R

The story of two men who are hired to herd a flock of sheep in the magnificent mountain country of Montana (actually filmed in the Canadian Rockies). They develop a relationship that effects the rest of their lives. Nominated for many Oscars.

SATURDAY PROGRAMS

In the auditorium at 7:00 pm

By Margaret Proctor

*

May 13th

"MARYLAND FOOD BANK AND HOW IT WORKS"

Walter Ewing

Executive Director

*

May 27th

"BUILDING THE NEW CONSERVATORY IN DRUID HILL PARK"

William Vondrasek

Chief Horticulturist

*

YOU-ALL COME

OH, SEW AND SO

By Sonia Blumenthal

Dear Sew and So, bravo!

We agreed that my suit needed mending.

Also I thank you for your understanding,

But I prefer a roomy fit

To one that splits when I sit.

MUSIC EVENTS

By Phil Schnering

*

Sunday, May 14th at 2:00 pm

CONCERT

Fred Moyer Pianist

Our most favorite pianist.

People keep asking when he will return.

We all look forward to this concert.

*

Thursday May 18th at 2:00 pm

LET'S SING

With Herb Merrick at the piano

OPERA

By Harry Blumenthal

T.V. Opera

Friday, May 19th 7 pm Fireplace Room

"GÖTTERDÄMMERUNG"

Richard Wagner

Act 1 & 2 (partial)

The conclusion of

DER RING DER NIBELUNGEN

Metropolitan Opera

(2 hours)

Opera Video

Friday May 26th 7 pm Auditorium

"THE MARRIAGE OF FIGARO"

Wolfgang Amadeus Mozart

Comic Opera in four acts

Glyndebourne Festival Opera starring

Kiri de Kanawa, Fredrica von Stade

Great fun and great music

(3 hours)

VESPERS

By Pat Underwood

Sunday in the Lounge

May 21st at 4:30 pm

The Reverend Carl H. Beasley III

West Nottingham Academy

Colora, Maryland



SQUARE DANCE

By Harry Butcher

Friday, May 19th

In the Lounge, 7 pm to 9 pm

Gene Fitta

Professional "Caller"

Come to dance, watch, or listen.

WEDNESDAY WORSHIP AT BROADMEAD

1st Wednesday every month at 10:30 am

EPISCOPAL COMMUNION

Taylor East Lounge - 3rd floor

Sponsored by Sherwood Episcopal Church

York Road, Cockeysville

2nd Wednesday every month at 10:00 am

CATHOLIC MASS

Taylor East Lounge - 3rd floor

Sponsored by the Catholic Community of
St. Francis Xavier, Cuba Road, Hunt Valley

3rd Wednesday every month at 10:30 am

PRESBYTERIAN COMMUNION

Stony Run Activities Room - 3rd floor

Sponsored by Ashland Presbyterian Church

Ashland Avenue, Cockeysville



LET'S DANCE

By Ted Wilson

With the

George Hipp Trio

Everyone welcome to dance

or just enjoy the music

Monday, May 8th at 7:00 pm In the lounge

Hither, Thither and Yawn

Foxy Georgia at the Helm

So here we go, into the merry merry month of May, and flowers every where. . Nature Trail looking better than ever, patio garden breathtaking, the new garden in Hallowell is worth a visit. . (don't plan to stay.).

Have you seen the goodies in the Country store?. everything is a joy to behold and shopping here is a pleasure. .no parking problems. . caught a glimpse of Margaret Cooke, Ginny Cooke, and Theo Easter huddled over the cash register, cheered on by Betty Douglas .somebody (no names) pushed the wrong button and we may need to get that old Rocket Scientist Bob Dye to get them straightened out. . . however. .he's not so easy to move. firmly seated in the 1st table in the coffee shop but Ed Byerly has them all moving every night as he works his way to "his" table good work Ed., shake 'em up !!. . . we certainly are creatures of habit. .the same gang gathers at the long table every morning, and eats enough breakfast to give them strength to plow the lower seven.. you can't blame' em when you see the menu. .Harry Blumenthal, Walt Hudson, Kitty Ann Cover, Carter Riefner are often at the groaning board, and the jolly group that gathers at lunch and dinner brings a few different faces. .Hope and Bill Benson, Marjorie (Barn Sale) and Harry Scott,. Magda Reissig, Betsy and Harry Butcher, Alice and Joe Giles, Jean and Dwight Hastings and Bonnie and Ralph Cox. . . . Hey! Ralph, you have been awarded "Mr Safety Man" you were spotted on the perimeter road wearing an orange jacket cover!! where did you get it? .. did the gals at Sew and So whip it up for you? . . why don't they make up a few more for the rest of the kids who "stride rite" and sell them in our special Country Store... walkers alert!!!

Somebody "borrowed" Phil Schnering's weekly bulletin board stand.. happily it's back again and Phil continues to remind us what's next!

The Glass Case Ladies have out-done themselves again!! the latest Rock, Scissors, and Paper display was a true inspiration and beautifully executed... congratulations from all of us ! [.and as long as we are tossing out "bookays" the Movie Committees keeps us up to the minute with the latest flicks, and Tuesday nights are a special treat!!!. Thank you, thank you, " thank you!!! ..now all we need is the pop-corn!! (hey, there, food committee!!)

The Adventure in Learning Committee has given us an unusually dandy series with lecturers from the Walters Art Museum , one of Baltimore's best. treasures, worked up by Walter Dandy, who is a docent there... and the Open Forum gals, presented

Dr John Gearheart, top man in the genetics division of Ob, and Gyn. at the Johns Hopkins. who educated us on Stem Cell Research, the Saturday evening program .presented Bob Burke from the Enoch Pratt Free Library who showed us a delightful history of Baltimore on vintage postcards and the following Saturday we went whaling in the days of sail with Standish Bradford.. if you hated Mo by Dick this will change your whole perspective on old Ahab and the gang.

On the light side...the stage lights that is...the remarkable team Elilynn or Lynneli (whichever you prefer) dramatized an Ellery Queen puzzler, "The Adventure of the African Traveler" and the cast of stars was headed . by Walt Hudson, (our man Ellery), Ellie Hobelmann, (that flirtatious gal), Jonas Rappeport, (Dad), the eternally young students, Sally Bloomer. Dick Hutzler and Harry Butcher, Police Sgt. Bob Morrison and we found out to our astonishment. the villain ... and hotel manager, Leo Weiss... . to prove my stupidity. . pegged Bob Morrison as the killer.. 'cause he got up and left the stage and sat in the audience. .real guilty move, Bob..... Eli presided as author, producer (with Lynn) ,stage manager - and he papered the house with freebees, bringing his daughter Reva and a friend from Chicago and a number of fans from his former life in the out side world.. we all got professionally printed programs for our scrap books...but future play readers and producers...this is not to set a precedent...oh please! The important behind the scenes support deserve kudos also.. jolly Ed Marsh, nimble Larry Galla and Dot Gustafson, who ran off the copies of the scripts for the cast.

News flash!!...Donna Smith was seen sitting down.. wow... a first!!

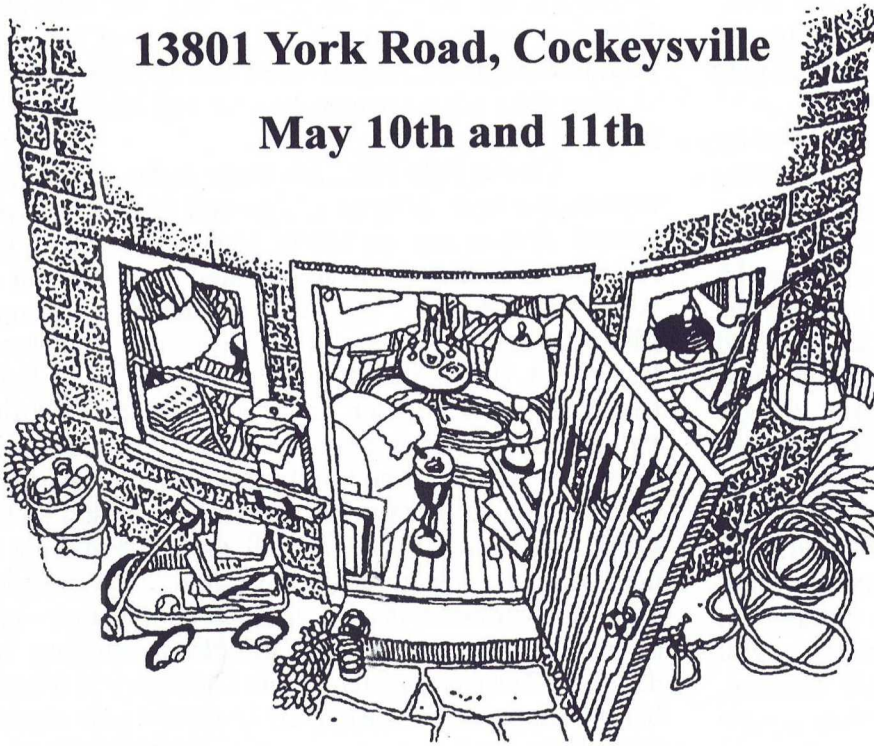
Meanwhile the happy dancers trucked away to the George Hipp Band and some of them trucked away to Roland Park Place to square dance with the squares there.. are they as cool as we are? ... so we do keep busy, havin' fun, and all that jazz. .haven't had an inch to tell you about the lofty units which we all viewed with great interest. .exclaiming over the larger kitchen, the built in washer-dryer and the spacious window treatments, attractive landscaping... (the grass does grow greener in other folks yards) and the well carpeted stairway .(my doc. recommends 4 flights a day. best exercise of all) we can hardly wait to welcome the new occupants. . . . open house day satisfied our pent up curiosity and we were impressed by it all.. .just wait till you see it, Hon.

Have run outta space and run outta breath guess I need to climb some stairs myself.. puff! ! puff! . . so, see you... friends.. . . if you've read this far. - - cause by now. . . you've had 'nuff

BROADMEAD BARN SALE

13801 York Road, Cockeysville

May 10th and 11th



Thursday, May 10th

7:30 to 8:30 am

**Employees, Trustees
and Residents ONLY**

**8:30 am to 3:30 pm
OPEN TO ALL COMERS**

Friday, May 11th

**9:00 am to 12:30 pm
OPEN TO ALL COMERS**

**MEN'S and
WOMEN'S CLOTHES,**

**SHOES AND HANDBAGS
(In the Auditorium & Lounge)**

FLEA MARKET

THIS 'n THAT

BAKE SHOP (Thursday only)

CHINA

KITCHEN WARES

FURNITURE

APPLIANCES

GIFTS

JEWELRY

BOOKS

LINENS

**SUITCASES
(lower level)**



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